# We serve those who serve:

- All Military Branches (Active duty, Reserves, National Guard)
- Veterans
- Family Members
- Retirees

## Specialized In:

- Individual Services (Children, Teens, Adults)
- Couples Services
- Family Services
- Group Services



Stay up-to-date with events and services for our Idaho Military Members and their Families



Scan for a complete booklet of resources for Military Families

### REACH OUT

IF IN CRISIS, CALL 911
SUICIDE & CRISIS LIFELINE: 988

Idaho National Guard Crisis Line: 1-208-272-TALK (8255)

For information, referrals, or to set up counseling, please contact:

Case Manager: 208-272-8802

Director of Psychological Health (Army): 208-272-3786

Director of Psychological Health (Air): 208-422-5313

Chaplain: <u>208-272-4311</u>

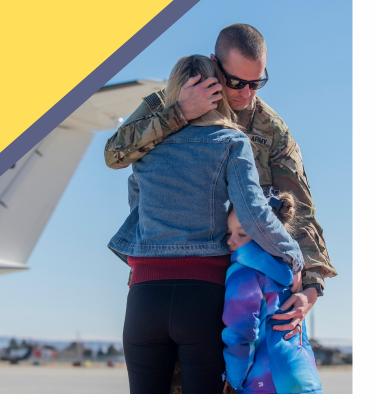
Rona Brumpton, LCPC, LMFT
Terry Rasmussen, LPC
Kelley Pierce, LPC LLPC, NCC, LSOTP
Chris O'Toole, MSW, LCSW
Ka-Sia Baumer, MSW, LCSW
Maurica Nelson, LCSW

Service Member & Family Support 4250 Cessna St. Bldg. 270 Boise, ID 83705 1-800-479-7006



## BEHAVIORAL HEALTH & WELLNESS

SERVICE MEMBER & FAMILY SUPPORT



### **OUR MISSION**

We are dedicated to helping Service Members, Veterans, and their Families by assessing for immediate behavioral health needs and offering FREE confidential therapeutic support, education, and case management services.

# Supporting Families Throughout Idaho

IDNG Behavioral Health & Wellness strives to assist Service Members, Veterans, and Military Families through the coordination and reinforcement of connections between schools, local government offices, churches, civic and volunteer administrations, and social services to meet the special needs of military affiliates before, during, and after deployment.



# TREATED ISSUES MAY INCLUDE BUT ARE NOT LIMITED TO

STRESS & COPING WITH CHANGE

**WORK-LIFE BALANCE** 

**ANXIETY / DEPRESSION** 

**ANGER MANAGEMENT** 

**CONFLICT RESOLUTION** 

COMMUNICATION

**PARENTING ISSUES** 

**SELF-ESTEEM** 

**RELATIONSHIPS** 

**DECISION-MAKING SKILLS** 

**ASSERTIVENESS TRAINING** 

**GRIEF & BEREAVEMENT** 

**CRISIS COUNSELING**